

SHELBY COUNTY
GOVERNMENT

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@JCFNMemphis

Visit our website
by scanning here:



COMMUNITY
RESOURCES

American Red Cross
901-672-6347

Memphis Child
Advocacy Center
901-525-2377

Support and Training For
Exceptional Parents (STEP)
800-280-STEP

Health & Human Services
Info Dial 2-1-1

Mid-South Food Bank
901-527-0841

Neighborhood Christian
Center 901-323-4092

Network for Overcoming
Violence & Abuse (NOVA)
901-222-3990



Sharing a System of Care In Shelby County
"Help Is Here"

A department of Shelby County's Division of Community Services, JCFN is a federally funded grant program through SAMHSA, administered by the TDMHSAS.

VOLUME 2, ISSUE 3

APRIL - MAY 2014

JCFN In The National Spotlight

Just Care Family Network accepted the American Psychiatric Foundation Award for Advancing Minority Mental Health for 2014. Presentation of the award included a check for \$5,000. Staff and families accepted the award during the Foundation's benefit on Saturday, May 3, 2014 in New York City, New York.

This award was established to recognize mental health professionals and mental health programs that are undertaking special efforts to increase public awareness of and secure quality and comprehensive mental healthcare for underserved minorities. "Just Care Family Network is honored to have been named recipient of the American Psychiatric Foundation Advancing Minority Mental Health Award for 2014," said Dr.



**JCFN Accepting the APF
"Award for Advancing Minority
Mental Health" in New York on
May 3, 2014**



**JCFN Parent Ms. Jeffrey Neely
accepted the award on behalf
of the program and shared her
story with attendees**

Altha Stewart. "We are pleased to join the ranks of other recipients across the nation and proud of the work that Just Care Family Network has done to warrant this honor. As director of this program, I

witness on a daily basis the strength and resilience in our youth and families and the pride and passion for this work by the hardworking staff. We thank Shelby County government and the TN Department of Mental Health and Substance Abuse Services for their support of the program, as well as our 31 community partner organizations, and of course the youth and families of Just Care Family Network. This award is concrete evidence of the value of the work we are doing and is now part of the national effort on behalf of improving the quality of life for the population we serve here in Shelby County. I am personally honored and humbled to be a part of this initiative and know that we have created something that will benefit the community for years to come."

Introducing the Memphis Sister Circle of Love *Class of 2014*



Ms. Rhonda Cox receiving her certificate from Mayor Mark Luttrell and Dr. Altha Stewart

In partnership with the national Prime Time Sisters Circle, the ladies of the local chapter, Memphis Sister

Circle of Love participated in a 12-week, facilitated, interactive support group intervention for African American women between 40-75 years of age. To celebrate their successful completion of the program, JCFN hosted a graduation celebration at The Healing Center Full Gospel Baptist Church with our partners at the Emotional Fitness Centers of Tennessee.

List of Graduates

Donna Brunetti
Clara Cox
Rhonda Cox
Robin Walker-Diltz
Kimberly Flipping
Mona Ford
Viola Hudson
Loice Jones
Linda Lott
Barbara Love
Cheryl Smith-Mabry
Angela McDaniel
LaQuita Meniru
Rukiya Mukarram
Jeffrey Neely
Jacqueline Pryer
Earline Riley
Lissa Shipp
Angie Skinner
Sylvia Watt
Stephanie Williams
Sharon Wilson
Marilyn Wright

Shelby County Mayor Mark Luttrell gave the commencement address and congratulated the ladies for their dedication and perseverance. Graduates gave remarks on "What These 12 Weeks Have Meant To Me"



and shared their personal journeys as caregivers. Twenty-three women were among the inaugural class to graduate from the Memphis Sisters Circle of Love training but proclaimed they would not be the last. With the help of a newly formed family organization with Just Care Family Network, the women

plan to continue their work to encourage other women in Shelby County to live their best life.



Think Mental Health in MAY

President Obama declared May Mental Health Awareness Month and lit the White House green in honor of hope and resilience.



"Despite great strides in our understanding of mental illness and vast improvements in the dialogue surrounding it, too many still suffer in silence. Tens of millions of Americans face mental health conditions like depression, anxiety, bipolar disorder, schizophrenia, or post-traumatic stress disorder. During National Mental Health Awareness Month, we reaffirm our commitment to building our understanding of mental illness,

increasing access to treatment, and ensuring those who are struggling to know they are not alone. ...We too often think about mental health differently from other forms of health. Yet like any disease, mental illnesses can be treated -- and without help, they can grow worse. That is why we must build an open dialogue that encourages support and respect for those struggling with mental illness," said President Obama.

In a national proclamation he declared: "NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 2014 as National Mental Health Awareness Month. I call upon citizens, government agencies, organizations, health care providers, and research

institutions to raise mental health awareness and continue helping Americans live longer, healthier lives. IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of April, in the year of our Lord two thousand fourteen, and of the Independence of the United States of America the two hundred and thirty-eighth. BARACK OBAMA"

To learn how you can get involved, visit www.MentalHealth.gov. Those seeking immediate help can call 1-800-662-HELP. The National Suicide Prevention Lifeline also offers immediate assistance for all Americans, including service members and veterans, at 1-800-273-TALK.

**"YOU
CAN'T
HEAL
WHAT YOU
REFUSE TO
CONFRONT
HELP
IS HERE"**

Social Support: Getting and Staying Connected

Research has shown that social support wards off the effects of stress on depression, anxiety and other health problems. Do you need to be more connected to others? Here are some tips to help you create a plan to make, keep and strengthen connections in your life:

- Make a short list of friends and family members who are supportive and positive. Also include a list of people you feel the need to stay in touch with regularly such as parents, a close friend or adult child who lives far away, or an aging relative who lives alone.
- Make a commitment to yourself to call, email or get together with them on a schedule that's reasonable for you. Try to reach out to make at least one emotional connection a day, but plan realistically. In cases of long distance, consider using web-based ways of keeping in touch, like Skype or Facebook.
- Share what's on your mind honestly and make social plans.

Create opportunities to strengthen your relationships with fun things that both you and your friend or relative will enjoy. Looking forward to special activities boosts our spirits, gives us energy and makes us more productive.

- You may find that among people you hardly know, one or more can become trusted friends you can rely on—and support—in good times and bad. Even if you feel that you're so busy you don't have time to keep up with family and friends you already have, it doesn't take much time to make new friends. If you're shy and hesitant about meeting new people, just a few questions can get a conversation going. Think about neighbors you pass regularly, co-workers, people in your exercise class, a cousin you've lost touch with, or those who volunteer in the same organizations you do. If you don't already have people you can talk with regularly about what's on your mind, it's worth the effort to build connections for your emotional health. If you find

yourself anxious or timid about social interaction, you may want to consider talking to a therapist or counselor to build your confidence in social situations. Openly. Talk about your concerns in a straight-forward way, but try to keep it constructive. Don't hesitate to ask for the kind of help you'd like. Ask what other people think about your situation, and show them you value their opinion.

When you talk, also listen. Ask about someone else's day, or follow up on the topic of a previous conversation. Showing sincere interest in another person's life builds relationships and listening to other people's concerns can often shed a new light on your own challenges.

For more tips visit <http://www.mentalhealthamerica.net/conditions/social-support-getting-and-staying-connected>

JCFN Celebrates National Children's Mental Health Awareness Day

Just Care Family Network joined more than 1,100 communities across the country in celebrating the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Children's Mental Health Awareness Day to highlight the importance of positive mental health from birth. This year, the national focus of Awareness Day is how peer support can enhance resilience in young adults with mental health and substance use challenges.

For 6 years, Just Care Family Network has offered children and young adults with mental health challenges in Shelby County the services and supports they need to meet their goals at home, at school, and in the community. Research has shown that young adults (ages 18—25) taking part in community-based treatment programs achieve positive outcomes in behavioral and emotional health, daily life skills, employment, enrollment in school, and reduced homelessness.



Children's Mental Health Awareness Day 2014

To celebrate Children's Mental Health Awareness Day locally, Just Care Family Network hosted "Building Circles of Wellness" a proclamation celebration on Thursday, May 8, 2014 at the Towns Center Soulsville USA. At the ceremony, Memphis and Shelby County officials together with youth and families reinforced their commitment to the total wellness of all children. The celebration continued into the evening with food, fun, community resources, and mental health support.

Students from Soulsville Charter School joined the celebration to learn more about total wellness and participated in the "I Won't Stand For" national campaign. "Awareness Day is always an opportunity to educate people about mental illness, treatment and research, eliminate stigma and prevent economic burden," said Altha Stewart, Ph.D., executive director of JCFN. "All

people deserve access to quality mental health services and when we focus on building resilience and social-emotional skills in young children from birth, we can help youth and their families thrive."



Shelby County Schools Mental Health Liason Verneda Cole and JCFN parent Earline Riley

I WON'T STAND FOR...



Youth proudly displaying their "I Won't Stand For" T-shirts

Each of us, whoever we are, wherever we live, can do something to stop stigma and fight intolerance and hate. All we have to do is say, simply, I won't stand for it!

The "I Won't Stand For..." movement is about sending a message to the world that no one should stand idly by in the face of racism, bullying, religious intolerance, sexism, homophobia, ableism, or any other form of discrimination.



Youth & partners proudly displaying their "I Won't Stand For" T-shirts

walks of life, sending the message that they won't stand idly by in the face of hate & discrimination.

Just Care Family Network joined the movement! On National Children's Mental Health Awareness Day on May 8, 2014 residents of Shelby County joined us to tell the world what we won't stand for. Check out more photos on our [Facebook](#) page.

The PSA campaign features top musicians, movie and television stars, athletes, political leaders and people from across the country, from all



Youth proudly displaying their "I Won't Stand For" T-shirts



Shelby County Chief Public Defender **Stephen Bush**
Director of Community Engagement in Rochester, NY **Melanie Funchess**
and Shelby County **Mayor Mark Luttrell** proudly adorn their
"I Won't Stand For" T-shirts

JCFN Youth Soaring With “Fly Away”



“Fly Away” participants accepting their swag bags at the video premiere

*“Just stand high
And firm
And try not to fall
Just take a major
Step and watch
Yourself grow tall”
-Fly Away Lyrics*

Four months ago, Just Care Family Network youth council members embarked on a mission to create a mental health awareness song and music video with media

consultants at Optimum Studios. No one knew the monumental task that lie ahead yet our youth stayed the course and were able to complete the challenging endeavor. As our youth forged ahead, they were joined by brothers and sisters, and friends who wanted to take part in the unique experience. Youth



stepped up during the process to showcase a range of talents, from song writing to rapping to singing to choreographing to dancing and *their* ideas guided the entire process. The high level of participation was made possible by parents, grandparents, and families

who encouraged and supported youth every step of the way. The outcome was a brilliant collaborative effort that serves a noble purpose. To showcase the final product of our youth’s dedication and commitment to stop stigma, JCFN hosted a red carpet premiere at the

University of Memphis. Tuxedo shirts, LED lighting, red carpet interviews and cameras flashing made the premiere a night to remember. [Watch the video](#) by clicking the photo below or by searching “Fly Away Just Care” on Youtube.

-Ebony Barnes
JCFN Youth Coordinator



Violinists from Arts For Life's Sake performed at the video premiere



Culturally Driven Leadership in the 21st Century



**Dr. Stewart,
Tasha Chusac,
and Karl &
Kathy Dennis**

Early Connections
Network CLC Manager
Tasha Chusac, Value
Options Behavioral Health
Services Vice President of
Wellness and Recovery

Clarence Jordan, and
UTHSC, Co-Director of the
Health Disparities Center Dr.

Patricia Matthews-Juarez. The
planning committee worked
hard to create a curriculum that
combined the basic principles of
CLC with practical skills for
incorporating CLC principles,
values and practices into the
child serving programs in Shelby
County.

On May 15-16, Just Care Family Network hosted the first regional Cultural and Linguistics Competency (CLC) Training in Memphis for mental health professionals and community members who serve the region's mental health population. Speakers included CLC Founder Karl Dennis,



Families Matter

Just Care Family Network partnered with the Emotional Fitness Centers of Tennessee and the University of Tennessee Health Science Center to host **Family Matters: A Forum Focused On Family Driven Care**. Shelby County District Attorney Amy Weirich welcomed guest to the forum challenging everyone to be experts in determining the needs of their family. The two day conference included dynamic keynote speakers Terrell "TJ" Johnson and Melanie Funchess. Community partners and families gained valuable information during break out sessions and at

community resource tables. The conference culmination was a celebration of the 6th year of our grant in recognition of our long-time supporters. The evaluation team from the Center for the Advancement of Youth Development presented evidence and data collected throughout the grant and we revealed our youth-produced mental health awareness video. Thank You to everyone who helped make the Family Matters forum a success! It was a team effort "...because no one does it alone". **Think Sustain!**



“Walk Me Home...to the place I belong” 5k



Group photo of everyone at the Walk Me Home 5k

The walk raised more than \$6,000 with 165 walkers and over 200 people in attendance!

The National Foster Parent Association (NFPA) is a champion for the thousands of families that open their heart and their home to the over 400,000 children in out-of-home placement in the United States.

The 7th Annual Walk Me Home 5K Walk/Run was on May 31, 2014 sponsored by NFPA in partnership with the Tennessee Foster Adoptive Care Association.

The walk was designed to raise awareness of the 8,136 children currently in foster care in Tennessee, to promote fostering and adoption, and most importantly raise funds for the Walk Me Home Enrichment Fund, which provides Tennessee foster children the opportunity to receive financial assistance for a variety of special needs and activities, such as camps, musical instruments/lessons, school/church trips, and medical assistive devices.

The walk was held at Shelby Farms in Memphis with plenty of fun for families including music, children's activities, and snacks!

Just Care Family Network was a sponsor and hosted an informational table. JCFN staff and members of the Memphis Sisters Circle of Love participated and had a wonderful time supporting a worthy cause.

The walk raised more than **\$6,000** with 165 walkers and over 200 people in attendance.

See more photos from the event on our [Just Care Family Network](#) Facebook page!

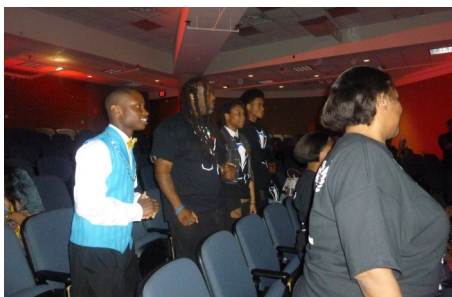


Changing the Memphis system...



"Fly Away" T-shirts proudly worn by Dr. Stewart, FSP Angellicia Hayes, and Social Marketing Coordinator Jerica Philips

Youth and families watched and celebrated the video at the red carpet premiere at the University of Memphis



JCFN Youth William Douglas shared remarks about the anti-stigma video and explained his role in writing part of the lyrics

Making life less frustrating...

Dr. Stewart was interviewed for "Broken Brains" a documentary currently in production about children's mental health



Dr. Stewart and JCFN Parent Debra Warren spread mental health awareness at WMC-TV in May

Attendees participated in lively cultural dancing at the CLC regional training at the University of Memphis



"We partner with youth and families to link them to the services that they choose."

Partnering with Youth & Families

JCFN youth released balloons and messages of hope at the filming of their mental health awareness video in Downtown Memphis



Attendees visited resource tables to gather information during breaks at the Family Matters Forum

The Memphis Police Department showed their support in great numbers at the Family Matters Forum





Just Care Family Network

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Memphis, TN 38104

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Visit us at

www.shelbycountyttn.gov/JustCareFamilyNetwork

Interested in contributing to the "Help Is Here" newsletter? Contact our Social Marketing Coordinator Jerica Phillips at 901-222-4503

At Just Care Family Network our mission is to change the Memphis system of care to make life easier and less frustrating for the families we serve. We partner with youth and families to link them to services.

Just Care Family Network has partnered with private and public organizations in your community who are devoted to family driven care.

To learn more about Just Care Family Network visit JCFNmemphis.org or to make a referral, please contact our Enrollment Specialist Darria Childress at 901-222-4502.

Find Help

**SUICIDE PREVENTION
LIFELINE**
1-800-273-TALK (8255)

Disaster Distress Helpline
1-800-985-5990
Text TalkWithUs to 66746

"...because no one does it alone."



Happening in June...

